

Programmanr. 31
26-01-2020 - 9:00

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging						tijd	RT	PARA
Masters 20+										
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	NED	199703510				8:53.47	+0.71	
	50m: 29.85	29.85	250m: 2:41.57	33.39	450m: 4:56.66	33.69	650m: 7:12.68	34.00		
	100m: 1:01.96	32.11	300m: 3:15.24	33.67	500m: 5:30.68	34.02	700m: 7:46.60	33.92		
	150m: 1:34.83	32.87	350m: 3:49.02	33.78	550m: 6:04.61	33.93	750m: 8:20.68	34.08		
	200m: 2:08.18	33.35	400m: 4:22.97	33.95	600m: 6:38.68	34.07	800m: 8:53.47	32.79		
2.	Manon van Esch	PSV	NED	199702090				9:24.48	+0.74	
	50m: 31.26	31.26	250m: 2:51.91	35.54	450m: 5:15.67	35.72	650m: 7:39.42	35.89		
	100m: 1:05.73	34.47	300m: 3:27.74	35.83	500m: 5:51.85	36.18	700m: 8:15.08	35.66		
	150m: 1:40.84	35.11	350m: 4:03.83	36.09	550m: 6:27.74	35.89	750m: 8:50.13	35.05		
	200m: 2:16.37	35.53	400m: 4:39.95	36.12	600m: 7:03.53	35.79	800m: 9:24.48	34.35		
3.	Hilde Dekker	ReVeLie Swim Team	NED	199901926				9:35.23	+0.87	
	50m: 32.11	32.11	250m: 2:56.67	36.32	450m: 5:21.84	36.33	650m: 7:47.08	36.20		
	100m: 1:07.88	35.77	300m: 3:33.02	36.35	500m: 5:58.03	36.19	700m: 8:24.16	37.08		
	150m: 1:44.05	36.17	350m: 4:09.28	36.26	550m: 6:34.45	36.42	750m: 9:01.05	36.89		
	200m: 2:20.35	36.30	400m: 4:45.51	36.23	600m: 7:10.88	36.43	800m: 9:35.23	34.18		
4.	Elianne Huitema	Steenwijk 1934	NED	199700258				9:39.39	+0.75	
	50m: 32.32	32.32	250m: 2:58.26	37.09	450m: 5:26.02	36.53	650m: 7:51.34	36.44		
	100m: 1:07.86	35.54	300m: 3:35.48	37.22	500m: 6:02.40	36.38	700m: 8:27.99	36.65		
	150m: 1:44.38	36.52	350m: 4:12.59	37.11	550m: 6:38.74	36.34	750m: 9:04.44	36.45		
	200m: 2:21.17	36.79	400m: 4:49.49	36.90	600m: 7:14.90	36.16	800m: 9:39.39	34.95		
5.	Michelle Zomerdijk	Dedemsvaart-AC	NED	200003196				9:42.55	+0.78	
	50m: 32.89	32.89	250m: 2:59.09	36.90	450m: 5:29.20	37.41	650m: 7:54.87	35.70		
	100m: 1:09.20	36.31	300m: 3:36.66	37.57	500m: 6:06.48	37.28	700m: 8:30.76	35.89		
	150m: 1:45.63	36.43	350m: 4:14.30	37.64	550m: 6:42.82	36.34	750m: 9:07.00	36.24		
	200m: 2:22.19	36.56	400m: 4:51.79	37.49	600m: 7:19.17	36.35	800m: 9:42.55	35.55		
6.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358				9:47.66	+0.75	
	50m: 31.96	31.96	250m: 2:57.68	37.22	450m: 5:26.89	37.00	650m: 7:56.20	37.35		
	100m: 1:07.31	35.35	300m: 3:34.84	37.16	500m: 6:04.25	37.36	700m: 8:33.77	37.57		
	150m: 1:43.73	36.42	350m: 4:12.47	37.63	550m: 6:41.39	37.14	750m: 9:11.11	37.34		
	200m: 2:20.46	36.73	400m: 4:49.89	37.42	600m: 7:18.85	37.46	800m: 9:47.66	36.55		
7.	Maike van de Velde	ZPCH	NED	200000382				9:48.45	+0.69	
	50m: 32.31	32.31	250m: 2:57.32	36.32	450m: 5:24.58	37.01	650m: 7:53.85	37.37		
	100m: 1:08.06	35.75	300m: 3:33.80	36.48	500m: 6:01.90	37.32	700m: 8:32.12	38.27		
	150m: 1:44.47	36.41	350m: 4:10.74	36.94	550m: 6:39.13	37.23	750m: 9:11.19	39.07		
	200m: 2:21.00	36.53	400m: 4:47.57	36.83	600m: 7:16.48	37.35	800m: 9:48.45	37.26		
8.	Bibi Stokvis	Het Y	NED	199900892				9:51.13	+0.53	
	50m: 31.60	31.60	250m: 2:58.18	36.96	450m: 5:28.06	37.42	650m: 7:59.14	37.81		
	100m: 1:07.16	35.56	300m: 3:35.65	37.47	500m: 6:05.56	37.50	700m: 8:36.87	37.73		
	150m: 1:44.33	37.17	350m: 4:13.14	37.49	550m: 6:43.33	37.77	750m: 9:14.67	37.80		
	200m: 2:21.22	36.89	400m: 4:50.64	37.50	600m: 7:21.33	38.00	800m: 9:51.13	36.46		
9.	Marijke Drent	De Zwemlinie (SG)	NED	199906232				9:54.96	+0.79	
	50m: 33.65	33.65	250m: 3:03.26	37.83	450m: 5:33.36	37.24	650m: 8:03.62	37.67		
	100m: 1:10.47	36.82	300m: 3:41.15	37.89	500m: 6:10.48	37.12	700m: 8:41.55	37.93		
	150m: 1:47.79	37.32	350m: 4:18.97	37.82	550m: 6:48.36	37.88	750m: 9:19.13	37.58		
	200m: 2:25.43	37.64	400m: 4:56.12	37.15	600m: 7:25.95	37.59	800m: 9:54.96	35.83		
10.	Marije Dankelman	Dedemsvaart-AC	NED	199701502				10:04.15	+0.58	
	50m: 33.23	33.23	250m: 3:03.52	37.94	450m: 5:36.43	38.07	650m: 8:10.23	38.42		
	100m: 1:09.83	36.60	300m: 3:41.67	38.15	500m: 6:15.00	38.57	700m: 8:48.74	38.51		
	150m: 1:47.68	37.85	350m: 4:20.44	38.77	550m: 6:53.71	38.71	750m: 9:27.25	38.51		
	200m: 2:25.58	37.90	400m: 4:58.36	37.92	600m: 7:31.81	38.10	800m: 10:04.15	36.90		
11.	Chantal Beijer	DWT	NED	199700884				10:21.39	+0.63	
	50m: 32.75	32.75	250m: 3:06.79	39.81	450m: 5:47.10	39.77	650m: 8:26.48	39.28		
	100m: 1:09.32	36.57	300m: 3:46.80	40.01	500m: 6:26.94	39.84	700m: 9:05.64	39.16		
	150m: 1:47.77	38.45	350m: 4:26.87	40.07	550m: 7:07.24	40.30	750m: 9:43.66	38.02		
	200m: 2:26.98	39.21	400m: 5:07.33	40.46	600m: 7:47.20	39.96	800m: 10:21.39	37.73		
12.	Chantal van der Vaart	ZVVS	NED	199802266				11:09.26	+0.83	
	50m: 35.71	35.71	250m: 3:18.75	41.99	450m: 6:09.48	43.23	650m: 9:02.49	43.75		
	100m: 1:14.84	39.13	300m: 4:00.55	41.80	500m: 6:52.39	42.91	700m: 9:45.61	43.12		
	150m: 1:55.52	40.68	350m: 4:43.44	42.89	550m: 7:35.33	42.94	750m: 10:28.31	42.70		
	200m: 2:36.76	41.24	400m: 5:26.25	42.81	600m: 8:18.74	43.41	800m: 11:09.26	40.95		

Programmanr. 31, Dames, 800m vrije slag

Masters 25+

1. Maaïke Vooren	DAW	NED	199103324	9:31.41	+0.85
50m: 32.75	32.75	250m: 2:56.89	36.29	450m: 5:21.41	35.75
100m: 1:08.10	35.35	300m: 3:33.34	36.45	500m: 5:57.57	36.16
150m: 1:44.25	36.15	350m: 4:09.47	36.13	550m: 6:33.77	36.20
200m: 2:20.60	36.35	400m: 4:45.66	36.19	600m: 7:09.96	36.19
650m: 7:46.02	36.06	700m: 8:21.85	35.83	750m: 8:57.11	35.26
800m: 9:31.41	34.30				
2. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	9:54.75	+0.77
50m: 32.99	32.99	250m: 3:00.91	37.54	450m: 5:31.58	37.94
100m: 1:09.12	36.13	300m: 3:38.52	37.61	500m: 6:09.30	37.72
150m: 1:46.13	37.01	350m: 4:16.02	37.50	550m: 6:47.10	37.80
200m: 2:23.37	37.24	400m: 4:53.64	37.62	600m: 7:24.80	37.70
650m: 8:02.66	37.86	700m: 8:40.50	37.84	750m: 9:18.04	37.54
800m: 9:54.75	36.71				
3. Fiona Meuffels	RZ	NED	199504366	10:02.11	+0.56
50m: 33.16	33.16	250m: 3:02.23	37.70	450m: 5:34.84	38.29
100m: 1:10.01	36.85	300m: 3:39.92	37.69	500m: 6:13.58	38.74
150m: 1:47.06	37.05	350m: 4:18.18	38.26	550m: 6:52.12	38.54
200m: 2:24.53	37.47	400m: 4:56.55	38.37	600m: 7:31.01	38.89
650m: 8:09.42	38.41	700m: 8:47.76	38.34	750m: 9:26.19	38.43
800m: 10:02.11	35.92				
4. Fraukje Puts	HZ&PC Heerenveen	NED	199206470	10:03.02	+0.80
50m: 33.61	33.61	250m: 3:04.34	38.50	450m: 5:38.23	38.27
100m: 1:09.93	36.32	300m: 3:42.90	38.56	500m: 6:16.47	38.24
150m: 1:47.55	37.62	350m: 4:21.43	38.53	550m: 6:54.90	38.43
200m: 2:25.84	38.29	400m: 4:59.96	38.53	600m: 7:33.28	38.38
650m: 8:11.97	38.69	700m: 8:50.45	38.48	750m: 9:27.90	37.45
800m: 10:03.02	35.12				
5. Nanda de Vries	Steenwijk 1934	NED	199204328	10:11.52	+0.83
50m: 33.23	33.23	250m: 3:04.51	38.26	450m: 5:39.79	39.22
100m: 1:10.66	37.43	300m: 3:42.63	38.12	500m: 6:19.25	39.46
150m: 1:48.40	37.74	350m: 4:21.56	38.93	550m: 6:58.71	39.46
200m: 2:26.25	37.85	400m: 5:00.57	39.01	600m: 7:37.75	39.04
650m: 8:16.54	38.79	700m: 8:55.37	38.83	750m: 9:34.22	38.85
800m: 10:11.52	37.30				
6. Deborah Wissink	ZPC De Hof	NED	199503484	10:19.74	+0.53
50m: 33.80	33.80	250m: 3:11.30	39.88	450m: 5:48.95	39.16
100m: 1:12.41	38.61	300m: 3:50.75	39.45	500m: 6:28.20	39.25
150m: 1:51.89	39.48	350m: 4:30.38	39.63	550m: 7:07.09	38.89
200m: 2:31.42	39.53	400m: 5:09.79	39.41	600m: 7:45.70	38.61
650m: 8:24.50	38.80	700m: 9:03.16	38.66	750m: 9:41.83	38.67
800m: 10:19.74	37.91				
7. Danielle Vermeulen	Zwemlust- den Hommel	NED	199108534	10:20.63	+0.62
50m: 33.07	33.07	250m: 3:04.12	38.58	450m: 5:41.04	39.75
100m: 1:09.64	36.57	300m: 3:42.92	38.80	500m: 6:20.94	39.90
150m: 1:47.25	37.61	350m: 4:21.79	38.87	550m: 7:01.19	40.25
200m: 2:25.54	38.29	400m: 5:01.29	39.50	600m: 7:41.12	39.93
650m: 8:21.20	40.08	700m: 9:01.83	40.63	750m: 9:41.86	40.03
800m: 10:20.63	38.77				
8. Melissa Zwaan	DAW	NED	199103666	10:20.92	+0.75
50m: 34.14	34.14	250m: 3:09.73	39.31	450m: 5:45.95	39.25
100m: 1:12.24	38.10	300m: 3:48.55	38.82	500m: 6:25.48	39.53
150m: 1:51.32	39.08	350m: 4:27.64	39.09	550m: 7:05.13	39.65
200m: 2:30.42	39.10	400m: 5:06.70	39.06	600m: 7:44.71	39.58
650m: 8:23.82	39.11	700m: 9:03.26	39.44	750m: 9:42.75	39.49
800m: 10:20.92	38.17				
9. Wendy de Bruin	ZOB'66	NED	199206320	10:36.61	+0.55
50m: 35.26	35.26	250m: 3:15.19	40.65	450m: 5:58.31	40.41
100m: 1:14.18	38.92	300m: 3:56.15	40.96	500m: 6:38.31	40.00
150m: 1:54.12	39.94	350m: 4:37.05	40.90	550m: 7:18.76	40.45
200m: 2:34.54	40.42	400m: 5:17.90	40.85	600m: 7:58.81	40.05
650m: 8:38.53	39.72	700m: 9:18.37	39.84	750m: 9:57.92	39.55
800m: 10:36.61	38.69				
10. Jasmijn Ruijgrok	WZK Zwemmen	NED	199401032	10:37.74	+0.81
50m: 34.37	34.37	250m: 3:12.69	39.57	450m: 5:52.39	40.37
100m: 1:13.50	39.13	300m: 3:52.12	39.43	500m: 6:33.04	40.65
150m: 1:53.57	40.07	350m: 4:32.06	39.94	550m: 7:13.93	40.89
200m: 2:33.12	39.55	400m: 5:12.02	39.96	600m: 7:55.26	41.33
650m: 8:36.05	40.79	700m: 9:17.10	41.05	750m: 9:58.02	40.92
800m: 10:37.74	39.72				
11. Anouk Kuijlaars	PSV	NED	199401700	10:48.63	+0.76
50m: 35.81	35.81	250m: 3:15.96	40.71	450m: 5:59.80	41.01
100m: 1:14.68	38.87	300m: 3:56.55	40.59	500m: 6:41.05	41.25
150m: 1:54.95	40.27	350m: 4:37.32	40.77	550m: 7:22.97	41.92
200m: 2:35.25	40.30	400m: 5:18.79	41.47	600m: 8:04.35	41.38
650m: 8:45.73	41.38	700m: 9:27.39	41.66	750m: 10:08.79	41.40
800m: 10:48.63	39.84				
12. Pascale Rovers	De Dolfijn	NED	199301064	11:21.99	+0.43
50m: 33.91	33.91	250m: 3:13.69	40.94	450m: 6:04.07	44.89
100m: 1:12.65	38.74	300m: 3:54.81	41.12	500m: 6:49.89	45.82
150m: 1:52.40	39.75	350m: 4:36.29	41.48	550m: 7:35.42	45.53
200m: 2:32.75	40.35	400m: 5:19.18	42.89	600m: 8:22.06	46.64
650m: 9:08.79	46.73	700m: 9:54.01	45.22	750m: 10:38.88	44.87
800m: 11:21.99	43.11				

Masters 30+

1. Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	9:52.38	+0.85
50m: 33.55	33.55	250m: 3:02.34	37.64	450m: 5:32.80	37.43
100m: 1:09.98	36.43	300m: 3:39.96	37.62	500m: 6:10.06	37.26
150m: 1:47.38	37.40	350m: 4:17.66	37.70	550m: 6:47.82	37.76
200m: 2:24.70	37.32	400m: 4:55.37	37.71	600m: 7:25.38	37.56
650m: 8:02.36	36.98	700m: 8:39.56	37.20	750m: 9:16.67	37.11
800m: 9:52.38	35.71				

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rang	naam	vereniging	land	nummer	tijd	RT	PARA	
2.	Jenny Schouten	Zwemsport Parkstad (SG)	NED	198703674	9:56.51	+0.89		
	50m: 32.44	32.44	250m: 3:00.39	37.58	450m: 5:32.38	38.14	650m: 8:04.93	38.35
	100m: 1:07.91	35.47	300m: 3:38.25	37.86	500m: 6:10.40	38.02	700m: 8:42.75	37.82
	150m: 1:45.04	37.13	350m: 4:16.35	38.10	550m: 6:48.58	38.18	750m: 9:20.40	37.65
	200m: 2:22.81	37.77	400m: 4:54.24	37.89	600m: 7:26.58	38.00	800m: 9:56.51	36.11
3.	Clara Van Roeyen	GBZ	BEL	20082/90	10:29.04	+0.75		
	50m: 35.05	35.05	250m: 3:11.26	39.74	450m: 5:50.98	39.86	650m: 8:31.26	39.68
	100m: 1:13.12	38.07	300m: 3:50.95	39.69	500m: 6:31.29	40.31	700m: 9:11.08	39.82
	150m: 1:51.87	38.75	350m: 4:31.28	40.33	550m: 7:11.31	40.02	750m: 9:50.39	39.31
	200m: 2:31.52	39.65	400m: 5:11.12	39.84	600m: 7:51.58	40.27	800m: 10:29.04	38.65
4.	Mandy Verbakel	ZPC Woerden	NED	199003908	10:41.06	+0.79		
	50m: 35.29	35.29	250m: 3:16.21	40.35	450m: 5:58.49	40.94	650m: 8:41.52	40.24
	100m: 1:15.16	39.87	300m: 3:56.52	40.31	500m: 6:39.34	40.85	700m: 9:22.12	40.60
	150m: 1:55.34	40.18	350m: 4:36.87	40.35	550m: 7:20.45	41.11	750m: 10:02.34	40.22
	200m: 2:35.86	40.52	400m: 5:17.55	40.68	600m: 8:01.28	40.83	800m: 10:41.06	38.72
5.	Martje Godschalk	De IJssel	NED	199001186	10:58.26	+0.75		
	50m: 36.04	36.04	250m: 3:20.43	42.11	450m: 6:09.34	41.92	650m: 8:55.80	41.52
	100m: 1:15.89	39.85	300m: 4:02.44	42.01	500m: 6:51.20	41.86	700m: 9:36.75	40.95
	150m: 1:56.85	40.96	350m: 4:44.93	42.49	550m: 7:32.76	41.56	750m: 10:17.79	41.04
	200m: 2:38.32	41.47	400m: 5:27.42	42.49	600m: 8:14.28	41.52	800m: 10:58.26	40.47

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		9:40.95	+0.81		
	50m: 32.90	32.90	250m: 2:56.81	36.31	450m: 5:23.20	36.55	650m: 7:51.35	37.07
	100m: 1:08.58	35.68	300m: 3:33.42	36.61	500m: 6:00.00	36.80	700m: 8:28.27	36.92
	150m: 1:44.59	36.01	350m: 4:10.07	36.65	550m: 6:37.07	37.07	750m: 9:05.42	37.15
	200m: 2:20.50	35.91	400m: 4:46.65	36.58	600m: 7:14.28	37.21	800m: 9:40.95	35.53
2.	Stephanie Vaernewyck <i>Belgisch Masters Record</i>	MEGA-zwemteam	BEL	20352/83	9:47.49	+0.83		
	50m: 33.40	33.40	250m: 2:59.46	36.93	450m: 5:28.69	37.39	650m: 7:57.61	37.18
	100m: 1:09.36	35.96	300m: 3:36.77	37.31	500m: 6:05.94	37.25	700m: 8:34.95	37.34
	150m: 1:45.87	36.51	350m: 4:13.93	37.16	550m: 6:43.28	37.34	750m: 9:12.00	37.05
	200m: 2:22.53	36.66	400m: 4:51.30	37.37	600m: 7:20.43	37.15	800m: 9:47.49	35.49
3.	Ann Wanter	Zwemclub Geel	BEL	21082/82	9:56.52	+0.79		
	50m: 33.32	33.32	250m: 3:02.64	37.77	450m: 5:34.14	37.36	650m: 8:05.04	37.77
	100m: 1:09.87	36.55	300m: 3:40.59	37.95	500m: 6:11.39	37.25	700m: 8:42.81	37.77
	150m: 1:47.35	37.48	350m: 4:18.52	37.93	550m: 6:49.15	37.76	750m: 9:20.44	37.63
	200m: 2:24.87	37.52	400m: 4:56.78	38.26	600m: 7:27.27	38.12	800m: 9:56.52	36.08
4.	Ramona Linting	Link	NED	198301274	10:36.69	+0.76		
	50m: 35.35	35.35	250m: 3:13.92	39.76	450m: 5:55.20	40.26	650m: 8:37.03	40.60
	100m: 1:14.15	38.80	300m: 3:54.22	40.30	500m: 6:35.64	40.44	700m: 9:17.27	40.24
	150m: 1:54.03	39.88	350m: 4:34.35	40.13	550m: 7:15.96	40.32	750m: 9:57.72	40.45
	200m: 2:34.16	40.13	400m: 5:14.94	40.59	600m: 7:56.43	40.47	800m: 10:36.69	38.97
5.	Audrey Runge	Natation Vesoul Noidans	FRA	689748	11:10.92	+0.79		
	50m: 36.29	36.29	250m: 3:22.35	42.35	450m: 6:12.95	42.41	650m: 9:03.39	42.61
	100m: 1:16.57	40.28	300m: 4:04.97	42.62	500m: 6:55.65	42.70	700m: 9:46.34	42.95
	150m: 1:58.10	41.53	350m: 4:47.55	42.58	550m: 7:38.22	42.57	750m: 10:29.21	42.87
	200m: 2:40.00	41.90	400m: 5:30.54	42.99	600m: 8:20.78	42.56	800m: 11:10.92	41.71
6.	Linda Hoogendam	WVZ	NED	198300892	11:38.43	+0.83		
	50m: 38.81	38.81	250m: 3:32.88	43.98	450m: 6:30.67	44.41	650m: 9:27.84	44.28
	100m: 1:21.75	42.94	300m: 4:17.18	44.30	500m: 7:14.74	44.07	700m: 10:12.97	45.13
	150m: 2:05.64	43.89	350m: 5:01.74	44.56	550m: 7:59.37	44.63	750m: 10:57.32	44.35
	200m: 2:48.90	43.26	400m: 5:46.26	44.52	600m: 8:43.56	44.19	800m: 11:38.43	41.11

Masters 40+

1.	Anke Lambooj	De Vliet (SG)	NED	198001182	10:24.88	+0.90		
	50m: 33.52	33.52	250m: 3:06.85	39.40	450m: 5:45.36	39.79	650m: 8:26.09	40.48
	100m: 1:10.36	36.84	300m: 3:46.35	39.50	500m: 6:25.35	39.99	700m: 9:06.36	40.27
	150m: 1:48.77	38.41	350m: 4:25.93	39.58	550m: 7:05.36	40.01	750m: 9:46.40	40.04
	200m: 2:27.45	38.68	400m: 5:05.57	39.64	600m: 7:45.61	40.25	800m: 10:24.88	38.48
2.	Petra Guijt	Aqua-Novio '94	NED	197600978	11:10.64			
	50m: 36.29	36.29	250m: 3:23.79	43.08	450m: 6:15.16	42.92	650m: 9:06.85	42.63
	100m: 1:16.28	39.99	300m: 4:06.55	42.76	500m: 6:58.46	43.30	700m: 9:48.99	42.14
	150m: 1:57.85	41.57	350m: 4:49.27	42.72	550m: 7:41.44	42.98	750m: 10:30.80	41.81
	200m: 2:40.71	42.86	400m: 5:32.24	42.97	600m: 8:24.22	42.78	800m: 11:10.64	39.84

Programmanr. 31, Dames, 800m vrije slag, Masters 40+

rang	naam	vereniging						tijd	RT	PARA
3.	Yvonne Gerritsen	WVZ	NED	198000342				11:14.30		
	50m: 35.69	35.69	250m: 3:22.37	42.59	450m: 6:15.02	43.03	650m: 9:07.91	43.17		
	100m: 1:15.77	40.08	300m: 4:05.60	43.23	500m: 6:58.05	43.03	700m: 9:50.86	42.95		
	150m: 1:57.31	41.54	350m: 4:49.04	43.44	550m: 7:41.21	43.16	750m: 10:33.21	42.35		
	200m: 2:39.78	42.47	400m: 5:31.99	42.95	600m: 8:24.74	43.53	800m: 11:14.30	41.09		
4.	Chantal Verhoeff	Old Dutch	NED	197900912				11:15.07	+0.95	
	50m: 36.79	36.79	250m: 3:25.82	42.97	450m: 6:17.75	43.05	650m: 9:08.78	42.27		
	100m: 1:17.55	40.76	300m: 4:09.04	43.22	500m: 7:00.44	42.69	700m: 9:51.53	42.75		
	150m: 2:00.13	42.58	350m: 4:51.85	42.81	550m: 7:43.40	42.96	750m: 10:33.61	42.08		
	200m: 2:42.85	42.72	400m: 5:34.70	42.85	600m: 8:26.51	43.11	800m: 11:15.07	41.46		
5.	Kika Meijers	SWOL 1894	NED	198000736				11:27.51	+0.81	
	50m: 35.66	35.66	250m: 3:23.67	43.08	450m: 6:18.84	44.11	650m: 9:17.10	44.98		
	100m: 1:15.73	40.07	300m: 4:07.21	43.54	500m: 7:03.17	44.33	700m: 10:01.64	44.54		
	150m: 1:57.86	42.13	350m: 4:51.03	43.82	550m: 7:47.73	44.56	750m: 10:45.92	44.28		
	200m: 2:40.59	42.73	400m: 5:34.73	43.70	600m: 8:32.12	44.39	800m: 11:27.51	41.59		
6.	Jessica Venema	WIDEX GZC DONK	NED	197901526				11:33.47	+0.91	
	50m: 37.03	37.03	250m: 3:29.69	44.15	450m: 6:26.69	44.12	650m: 9:24.28	44.25		
	100m: 1:18.15	41.12	300m: 4:13.80	44.11	500m: 7:10.84	44.15	700m: 10:08.33	44.05		
	150m: 2:01.42	43.27	350m: 4:58.14	44.34	550m: 7:55.48	44.64	750m: 10:52.62	44.29		
	200m: 2:45.54	44.12	400m: 5:42.57	44.43	600m: 8:40.03	44.55	800m: 11:33.47	40.85		

Masters 45+

1.	Kirsten Cameron <i>Kampioenschaps Record</i>	Malvern Marlins Masters SC	AUS	786509				9:12.38	+0.52	
	50m: 31.69	31.69	250m: 2:48.75	34.50	450m: 5:08.07	34.85	650m: 7:28.43	35.15		
	100m: 1:05.44	33.75	300m: 3:23.49	34.74	500m: 5:43.10	35.03	700m: 8:03.60	35.17		
	150m: 1:39.74	34.30	350m: 3:58.23	34.74	550m: 6:18.04	34.94	750m: 8:38.69	35.09		
	200m: 2:14.25	34.51	400m: 4:33.22	34.99	600m: 6:53.28	35.24	800m: 9:12.38	33.69		
2.	Grith Sigsgaard <i>Nederlands Masters Record</i>	De Otters Het Gooi	NED	197200772				9:49.67	+0.65	
	50m: 33.40	33.40	250m: 3:00.42	36.68	450m: 5:28.03	36.96	650m: 7:57.50	37.75		
	100m: 1:10.01	36.61	300m: 3:37.19	36.77	500m: 6:05.05	37.02	700m: 8:35.46	37.96		
	150m: 1:46.78	36.77	350m: 4:14.00	36.81	550m: 6:42.51	37.46	750m: 9:13.23	37.77		
	200m: 2:23.74	36.96	400m: 4:51.07	37.07	600m: 7:19.75	37.24	800m: 9:49.67	36.44		
3.	Liselotte Joling	PSV	NED	197500268				10:02.19	+0.88	
	50m: 34.66	34.66	250m: 3:05.74	37.59	450m: 5:37.30	36.90	650m: 8:09.03	38.40		
	100m: 1:12.02	37.36	300m: 3:44.03	38.29	500m: 6:15.01	37.71	700m: 8:47.14	38.11		
	150m: 1:49.82	37.80	350m: 4:21.94	37.91	550m: 6:52.68	37.67	750m: 9:25.82	38.68		
	200m: 2:28.15	38.33	400m: 5:00.40	38.46	600m: 7:30.63	37.95	800m: 10:02.19	36.37		
4.	Karin Stein	ZVVS	NED	197100554				10:22.02	+0.65	
	50m: 35.29	35.29	250m: 3:08.18	38.88	450m: 5:45.21	39.14	650m: 8:23.64	39.98		
	100m: 1:12.63	37.34	300m: 3:47.39	39.21	500m: 6:24.39	39.18	700m: 9:03.74	40.10		
	150m: 1:50.67	38.04	350m: 4:26.60	39.21	550m: 7:03.82	39.43	750m: 9:43.41	39.67		
	200m: 2:29.30	38.63	400m: 5:06.07	39.47	600m: 7:43.66	39.84	800m: 10:22.02	38.61		
5.	Annette de Visser	Oceanus	NED	197100602				10:43.89	+0.86	
	50m: 34.95	34.95	250m: 3:17.12	40.71	450m: 6:00.67	40.70	650m: 8:43.89	40.77		
	100m: 1:14.66	39.71	300m: 3:57.87	40.75	500m: 6:41.37	40.70	700m: 9:24.32	40.43		
	150m: 1:55.17	40.51	350m: 4:38.92	41.05	550m: 7:22.28	40.91	750m: 10:04.97	40.65		
	200m: 2:36.41	41.24	400m: 5:19.97	41.05	600m: 8:03.12	40.84	800m: 10:43.89	38.92		
6.	Kathy Van Lindt	CNSW	BEL	007949/71				10:50.47	+0.71	
	50m: 36.08	36.08	250m: 3:17.50	41.04	450m: 6:02.29	41.27	650m: 8:48.49	41.40		
	100m: 1:15.21	39.13	300m: 3:58.47	40.97	500m: 6:43.65	41.36	700m: 9:29.58	41.09		
	150m: 1:55.68	40.47	350m: 4:39.96	41.49	550m: 7:25.27	41.62	750m: 10:11.04	41.46		
	200m: 2:36.46	40.78	400m: 5:21.02	41.06	600m: 8:07.09	41.82	800m: 10:50.47	39.43		

Masters 50+

1.	Bianca Groot <i>Nederlands Masters Record</i>	MSV-Zeemacht	NED	197000652				10:24.76	+0.88	
	50m: 34.61	34.61	250m: 3:09.55	39.19	450m: 5:47.93	39.84	650m: 8:26.76	39.73		
	100m: 1:12.50	37.89	300m: 3:48.93	39.38	500m: 6:27.79	39.86	700m: 9:06.39	39.63		
	150m: 1:51.25	38.75	350m: 4:28.38	39.45	550m: 7:07.40	39.61	750m: 9:46.27	39.88		
	200m: 2:30.36	39.11	400m: 5:08.09	39.71	600m: 7:47.03	39.63	800m: 10:24.76	38.49		

Programmanr. 31, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
2.	Laura Staal	Oceanus	NED 196700358				11:26.08	+0.83	
	50m: 38.12	38.12	250m: 3:31.39	43.75	450m: 6:27.02	43.42	650m: 9:19.60	42.91	
	100m: 1:20.34	42.22	300m: 4:15.65	44.26	500m: 7:10.36	43.34	700m: 10:02.28	42.68	
	150m: 2:03.68	43.34	350m: 4:59.54	43.89	550m: 7:53.55	43.19	750m: 10:45.05	42.77	
	200m: 2:47.64	43.96	400m: 5:43.60	44.06	600m: 8:36.69	43.14	800m: 11:26.08	41.03	
3.	Iris van Aurich	DWK	NED 196900866				11:33.76	+0.75	
	50m: 37.39	37.39	250m: 3:31.07	44.53	450m: 6:27.51	44.25	650m: 9:25.39	44.58	
	100m: 1:18.82	41.43	300m: 4:15.21	44.14	500m: 7:12.45	44.94	700m: 10:09.76	44.37	
	150m: 2:02.09	43.27	350m: 4:58.93	43.72	550m: 7:56.61	44.16	750m: 10:55.14	45.38	
	200m: 2:46.54	44.45	400m: 5:43.26	44.33	600m: 8:40.81	44.20	800m: 11:33.76	38.62	
4.	Marijke Campfens	De Geul	NED 196900960				12:12.41 *		
	50m: 38.56	38.56	250m: 3:37.46	46.09	450m: 6:44.86	47.34	650m: 9:54.09	47.78	
	100m: 1:21.23	42.67	300m: 4:23.96	46.50	500m: 7:32.23	47.37	700m: 10:41.76	47.67	
	150m: 2:05.78	44.55	350m: 5:10.89	46.93	550m: 8:19.20	46.97	750m: 11:28.42	46.66	
	200m: 2:51.37	45.59	400m: 5:57.52	46.63	600m: 9:06.31	47.11	800m: 12:12.41	43.99	

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	NED 196400506				11:09.94	+0.85	
	50m: 38.30	38.30	250m: 3:26.42	42.48	450m: 6:16.88	42.51	650m: 9:06.14	42.19	
	100m: 1:19.16	40.86	300m: 4:09.13	42.71	500m: 6:59.44	42.56	700m: 9:48.03	41.89	
	150m: 2:01.50	42.34	350m: 4:51.87	42.74	550m: 7:41.75	42.31	750m: 10:29.95	41.92	
	200m: 2:43.94	42.44	400m: 5:34.37	42.50	600m: 8:23.95	42.20	800m: 11:09.94	39.99	
2.	Jacqueline Rolloos-Bakkers	De Lansingh	NED 196300222				11:35.83	+0.74	
	50m: 38.95	38.95	250m: 3:33.70	43.67	450m: 6:31.22	44.73	650m: 9:27.97	44.29	
	100m: 1:22.17	43.22	300m: 4:17.86	44.16	500m: 7:15.41	44.19	700m: 10:12.13	44.16	
	150m: 2:06.10	43.93	350m: 5:02.20	44.34	550m: 7:59.75	44.34	750m: 10:55.28	43.15	
	200m: 2:50.03	43.93	400m: 5:46.49	44.29	600m: 8:43.68	43.93	800m: 11:35.83	40.55	
3.	Petra Tossings	DAW	NED 196100376				12:01.60	+0.90	
	50m: 40.55	40.55	250m: 3:40.09	45.71	450m: 6:42.35	45.76	650m: 9:46.50	45.82	
	100m: 1:24.92	44.37	300m: 4:25.52	45.43	500m: 7:28.25	45.90	700m: 10:32.44	45.94	
	150m: 2:09.70	44.78	350m: 5:11.31	45.79	550m: 8:14.80	46.55	750m: 11:18.20	45.76	
	200m: 2:54.38	44.68	400m: 5:56.59	45.28	600m: 9:00.68	45.88	800m: 12:01.60	43.40	

Masters 60+

1.	Esther van Lohuizen	PSV	NED 195900300				11:08.25	+0.74	
	<i>Nederlands Masters Record</i>								
	50m: 36.58	36.58	250m: 3:24.79	42.62	450m: 6:15.71	42.73	650m: 9:05.34	42.17	
	100m: 1:17.20	40.62	300m: 4:07.77	42.98	500m: 6:58.10	42.39	700m: 9:47.71	42.37	
	150m: 1:59.19	41.99	350m: 4:50.45	42.68	550m: 7:40.60	42.50	750m: 10:29.83	42.12	
	200m: 2:42.17	42.98	400m: 5:32.98	42.53	600m: 8:23.17	42.57	800m: 11:08.25	38.42	
2.	Katinka Elders	Oceanus	NED 196000292				13:03.04		
	50m: 43.32	43.32	250m: 3:59.04	49.53	450m: 7:18.18	49.75	650m: 10:36.23	49.64	
	100m: 1:30.37	47.05	300m: 4:48.83	49.79	500m: 8:07.64	49.46	700m: 11:26.19	49.96	
	150m: 2:19.86	49.49	350m: 5:38.30	49.47	550m: 8:56.95	49.31	750m: 12:16.53	50.34	
	200m: 3:09.51	49.65	400m: 6:28.43	50.13	600m: 9:46.59	49.64	800m: 13:03.04	46.51	
3.	Marjan Spoelstra	SWOL 1894	NED 196000236				13:28.11	+0.83	
	50m: 45.03	45.03	250m: 4:07.39	51.16	450m: 7:31.67	51.56	650m: 10:58.03	51.72	
	100m: 1:34.67	49.64	300m: 4:58.32	50.93	500m: 8:22.91	51.24	700m: 11:49.27	51.24	
	150m: 2:25.15	50.48	350m: 5:49.35	51.03	550m: 9:14.81	51.90	750m: 12:39.61	50.34	
	200m: 3:16.23	51.08	400m: 6:40.11	50.76	600m: 10:06.31	51.50	800m: 13:28.11	48.50	

Masters 65+

1.	Ineke Weekers	PSV	NED 195300050				11:24.77	+0.89	
	<i>Europees Masters Record</i>								
	50m: 41.06	41.06	250m: 3:33.60	42.80	450m: 6:24.78	42.56	650m: 9:16.73	42.75	
	100m: 1:24.66	43.60	300m: 4:16.49	42.89	500m: 7:07.90	43.12	700m: 9:59.56	42.83	
	150m: 2:07.98	43.32	350m: 4:59.38	42.89	550m: 7:50.92	43.02	750m: 10:42.82	43.26	
	200m: 2:50.80	42.82	400m: 5:42.22	42.84	600m: 8:33.98	43.06	800m: 11:24.77	41.95	



Open Nederlandse Masters
Kampioenschappen 2020 korte baan
Rotterdam 23-26 januari 2020



Programmanr. 31, Dames, 800m vrije slag

Masters 70+

1. Conny Boer-Buys	ZVVS	NED	195000006	12:05.88	+0.93						
<i>Wereld Masters Record</i>											
50m:	38.47	38.47	250m:	3:43.30	47.25	450m:	6:48.09	46.75	650m:	9:54.37	46.49
100m:	1:22.05	43.58	300m:	4:30.53	47.23	500m:	7:35.08	46.99	700m:	10:40.60	46.23
150m:	2:08.53	46.48	350m:	5:16.72	46.19	550m:	8:21.31	46.23	750m:	11:25.10	44.50
200m:	2:56.05	47.52	400m:	6:01.34	44.62	600m:	9:07.88	46.57	800m:	12:05.88	40.78

Masters 80+

1. Marie Smits	Old Dutch	NED	193800004	17:49.30	+1.12						
50m:	55.06	55.06	250m:	5:22.47	1:07.37	450m:	9:55.47	1:08.64	650m:	14:28.02	1:07.55
100m:	1:59.94	1:04.88	300m:	6:30.18	1:07.71	500m:	11:04.69	1:09.22	700m:	15:37.64	1:09.62
150m:	3:07.69	1:07.75	350m:	7:38.26	1:08.08	550m:	12:12.85	1:08.16	750m:	16:45.65	1:08.01
200m:	4:15.10	1:07.41	400m:	8:46.83	1:08.57	600m:	13:20.47	1:07.62	800m:	17:49.30	1:03.65

